

INTRACTABLE PAIN  
PATIENT'S INSTRUCTION  
MANUAL

BY

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For New Patients in Veract Intractable Pain Clinic

## **YOUR INSTRUCTION MANUAL**

This manual describes the therapeutic measures you must take particularly if you want pain free hours rather than a constant state of pain. Intractable pain patients tend to think that simply taking opioid medication will solve their problems. This is not true. Without the comprehensive measures given here, you will eventually find that your opioids don't "work" and you are right back in constant, severe pain. Nine steps are given here as a pathway to pain free hours. These steps include your instructions on diet, dietary supplements, exercise, electricity control, and topical medications.

### **WHY THESE NINE STEPS?**

The nine step guide is for those intractable pain patients who are deeply committed to achieving some pain free hours. The material contained in this guidebook is given to my private patients, and I wish to share it with other intractable pain patients as almost all of my patients have been able to experience some pain free hours. To me this is a great advance, since only a year ago I labored under the belief that a bonafide intractable pain patient could not experience a pain free hour much less think about further healing and near cure.

Do not expect your pain to totally stop although the steps given here will greatly reduce your overall pain. Experience has shown that once you achieve the first pain free hour, more will come. Be clearly advised that the achievement of pain free hours requires that an intractable pain patient diligently participate in a treatment program with multiple measures. My best recommendation at this time is to focus and intensely practice the nine steps given in this guide.

### **THE RESEARCH BREAKTHROUGH**

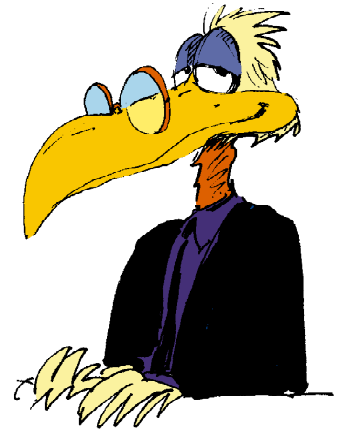
In recent years medical science has learned that an injury or disease with severe pain, which does not immediately heal, may produce excess electrical impulses that travel from the pain site to the spinal cord and brain. Initially the brain tries to cure the pain site by causing the body to produce essential

hormones and immune enzymes. If this step doesn't work the brain rearranges its nerve cells, called neuroplasticity, to shield itself from the excess electricity produced by the injury or disease. Unfortunately, the rearranging of nerve cells may trap or imbed the memory of the pain in a new, abnormal brain circuitry. This is the mechanism for "phantom pain", and we now know that this is the mechanism by which one develops intractable pain. It is the trapping of the memory of pain in the new circuitry that makes the pain constant and produces other intractable pain symptoms including insomnia, depression, nervousness, lack of mental concentration, high blood pressure, elevated heart rate, abnormal hormones, and a feeling of hopelessness. The nine steps given here are designed to at least partially heal the abnormal nerve cell circuitry in the brain as well as the damaged nerves at the site of pain. This nine-step guidebook is my first attempt, given what I know today, to help intractable pain patients achieve a "pain free hour". You can look forward to improved and more effective measures in the future. Real hope is here.

### **THE MEANING OF A PAIN FREE HOUR**

A single pain free hour has to be the main goal of an intractable pain patient who may have suffered constant—"24/7"—pain for a long time. Why is this achievement so significant? It means that you have healed some damaged nerve cells that have an abnormal electric circuitry, and it likely means you can achieve more pain free hours. Thanks to research, I now know that a patient who is self-disciplined and closely follows the nine steps written here has an excellent chance of achieving many pain free hours.

# NINE STEPS TO A PAIN FREE HOUR



## 1. PAIN MEDICINE

Take whatever medication you must take to be active, functional, and able to leave your house each day.

## 2. SLEEP MEDICATION

With IP you can only sleep about 2 hours unless you take some medication.

## 3. PROTEIN DIET

Pain control and mending your nerve tissue requires amino acids which only come from foods with protein. You must avoid hypoglycemia which comes from too many sugars and starches.

## 4. DIETARY SUPPLEMENTS

Without certain daily supplements your medications may stop working and tissue won't mend.

## 5. ELECTRICITY ELIMINATION

Your damaged nerves retain electricity in the body ("static") and you must daily take measures to eliminate it or you will progressively deteriorate rather than achieve pain free hours.

## 6. TREAT YOUR SITE OF NERVE INJURY

You must daily stretch, massage, and apply medication to your pain site. You must learn to make your own opioid topical medication.

## 7. ACTIVITY, MENTAL EXERCISES, MOVEMENT

You must daily be moving, talking with people, and exercising your brain or your tissues will atrophy and you will mentally deteriorate.

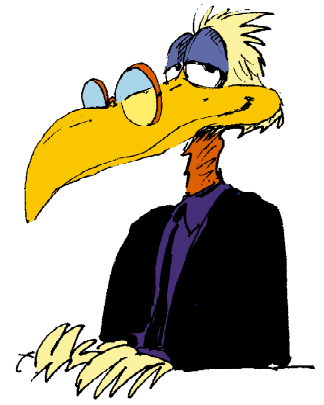
## 8. ANXIETY MEDICATION

IP causes the sympathetic nervous system to overstimulate resulting in a high pulse rate, muscle spasm, tremor, twitching, anxiety, blood vessel constriction (cold hands/feet), headache, nausea, fear, and lack of confidence. You will likely need medication to control this complication.

## 9. HORMONES

It is specific hormones whose job is to grow nerve tissue ("neuro-genesis"). Regrowth of damaged nerve tissue is essential to achieve a pain-free hour.

# DIET FOR INTRACTABLE PAIN PATIENTS



## GOALS:

1. Take in extra proteins since the natural body pain relievers including endorphin, dopamine, serotonin, and gamma-amino-butyric acid are all made from protein.
2. Avoid hypoglycemia since it may cause your pain to flare.
3. Keep your weight down if your pain is caused by spine, hip, knee, ankle or foot problems.

## DIET

### A. Key Point

Eat one or more of these protein foods every time you eat.

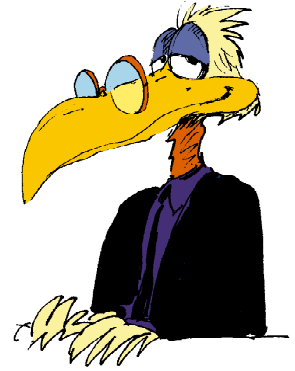
Beef	Fish/Seafood	Poultry	Pork
Eggs	Cottage Cheese		

B. Drink low sugar (Carbohydrate) drinks. Drink tea or coffee with low calorie sugar. Diet drinks are acceptable.

C. Do not drink the following: Milk, Regular Sodas, Coffee/Tea with Regular Sugar.

D. Eat any food you wish as long as you eat a protein food with it. Especially eat some protein with rolls, donuts, pie, cake, ice cream, candy, bread.

## **BASIC DIETARY SUPPLEMENTS FOR INTRACTABLE PAIN PATIENTS**



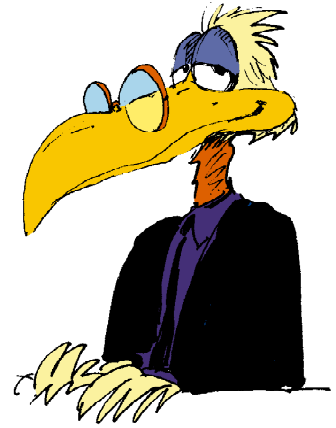
1. EACH DAY - 1 MULTI-VITAMIN/MINERAL TABLET OR CAPSULE - ANY BRAND
2. EACH DAY - 1 OR 2 VITAMIN D - CALCIUM-MAGNESIUM TABLETS (Sold for Osteoporosis)
3. EACH DAY - GLUTAMINE 1,500 TO 2,000mg (Chew a tablet or take a capsule on an empty stomach)
4. TAKE A VITAMIN B-12 TABLET UNDER YOUR TONGUE 3 TO 5 TIMES A WEEK.

### **Special Notes**

- a. All these supplements can be purchased at a Health Food Store. Be clearly advised that your medications may stop working if you don't take these supplements.
- b. Additional supplements that help some patients:

Carnitine, Taurine, Fish Oil, Phenylalanine, Folic Acid, Vitamin C

# ELECTRICITY ELIMINATION MEASURES



You must **daily** eliminate the accumulation of static or trapped electricity in your body which results from damaged nerves. Pain and its complications are fundamentally caused by excess electricity.

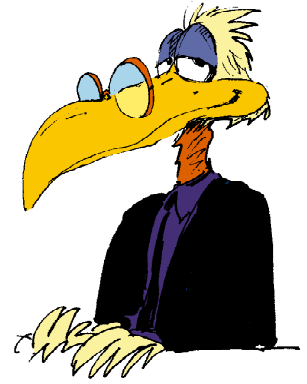
## MANDATORY EACH DAY

1. Rub your pain sites at least 2 times a day with copper and a magnet;
2. Massage one of these topical (skin) medications into your pain site(s) at least 2 times a day: morphine, hydromorphone, carisoprodol, oxycodone: They work best under infrared, vibrator, ultrasound or heating pad

## DO SOME OF THESE EACH DAY

1. Take a tablet of magnesium, copper, or zinc;
2. Wear copper and/or magnetic bracelet, anklet, or necklace;
3. Soak in your bath tub or Jacuzzi with 2 tablespoons of Epsom salts placed in it;
4. Walk barefoot for at least 5 minutes;
5. Use a TENS, microelectric current (Alph Stim®), or other electromagnetic device over your pain sites;
6. Stretch exercises which put pressure or "tug" on your pain site(s).
7. Frequently grab or touch metal objects.

## HOW TO USE OPIOIDS TO CONTROL INTRACTABLE PAIN



1. You must learn the actual names and not just the trade name of your opioids.

Example: hydromorphone is Dilaudid®

2. You must take your opioids in such a manner that you are not sedated, impaired, sleepy, or have a clouded mind or memory. Your family is the best judge, not you.
3. Most intractable pain patients must control their pain by use of a long-acting opioid plus a short-acting one for flares, surges, or breakthrough pain. Some of the opioids listed here have long-acting, oral formulations which last 6 to 8 hours. You must take a long-acting opioid on a regular schedule which means taking the same dosage at the same time each day. The usual schedule is 7:00am, Noon, 6:00pm, and 10:00pm.
4. Use your short-acting opioids 30 to 60 minutes BEFORE the flare or just breakthrough starts. **STAY AHEAD OF THE PAIN.**

## OPIOIDS FOR INTRACTABLE PAIN

METHADONE

TAPENTADOL

MORPHINE

FENTANYL

OXYCODONE

HYDROCODONE

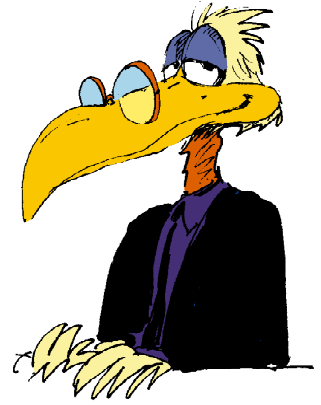
OXYMORPHONE

MEPERIDINE

HYDROMORPHONE



## HOW TO MAKE PAIN RELIEF CREAMS



Crush 1-3 tablets of the following and stir in 1 ounce of cold cream.

1. Carisoprodol (Soma®) - 350mg
2. Morphine - 30mg
3. Hydromorphone (Dilaudid) - 8.0mg
4. Oxycodone - 30mg
5. Medroxyprogesterone - 10mg
6. Prednisone - 5mg

**Massage one of these topical creams into your pain sites at least twice a day. You will not only get additional pain relief but help eliminate your trapped (static) electricity. You can mix topical medications and pick your own cream or base. These topicals work best under infrared, vibrator, heat, or ultrasound.**